








## HEALTHY RELATIONSHIP - QUIZ

Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is healthy? Answer **yes** or **no** to the following questions to find out.

Take a moment to complete this quiz and at the end, you'll find out how to **score** your answers.

### THE PERSON I AM WITH:

- |  |  |   |
|--|--|---|
| 1. Is supportive of things that I do   |  <b>YES</b>   |  <b>NO</b>   |
| 2. Encourages me to do new things  |  <b>YES</b>   |  <b>NO</b>   |
| 3. Likes to listen when I have something on my mind  |  <b>YES</b>   |  <b>NO</b>   |
| 4. Understands that I have my own life too   |  <b>YES</b>   |  <b>NO</b>   |
| 5. Is not liked much by my friends   |  <b>YES</b>   |  <b>NO</b>   |
| 6. Says I am too involved with different activities  |  <b>YES</b>   |  <b>NO</b>   |
| 7. Texts or calls me all of the time   |  <b>YES</b>  |  <b>NO</b>  |
| 8. Thinks I spend too much time trying to look nice  |  <b>YES</b> |  <b>NO</b> |
| 9. Gets extremely jealous and possessive   |  <b>YES</b> |  <b>NO</b> |
| 10. Accuses me of flirting or cheating   |  <b>YES</b> |  <b>NO</b> |
| 11. Constantly checks up on me   |  <b>YES</b> |  <b>NO</b> |
| 12. Controls whatever I wear or how I look   |  <b>YES</b> |  <b>NO</b> |
| 13. Controls what I do or who I see  |  <b>YES</b> |  <b>NO</b> |
| 14. Tries to stop me from talking or seeing my friends and family                                      |  <b>YES</b> |  <b>NO</b> |
| 15. Has big mood swings  |  <b>YES</b> |  <b>NO</b> |
| 16. Puts me down, calls me names or criticises me  |  <b>YES</b> |  <b>NO</b> |
| 17. Makes me feel like I can't do anything right or blames me for problems                             |  <b>YES</b> |  <b>NO</b> |
| 18. Makes me feel like no one would want me  |  <b>YES</b> |  <b>NO</b> |
| 19. Threatens to hurt me, my friends or family   |  <b>YES</b> |  <b>NO</b> |
| 20. Threatens to hurt himself/herself because of me  |  <b>YES</b> |  <b>NO</b> |
| 21. Threatens to destroy my things   |  <b>YES</b> |  <b>NO</b> |
| 22. Grabs, pushes shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way |  <b>YES</b> |  <b>NO</b> |
| 23. Breaks things or throws things to intimidate me  |  <b>YES</b> |  <b>NO</b> |
| 24. Shouts, screams or humiliates me in front of other people  |  <b>YES</b> |  <b>NO</b> |
| 25. Pressures or forces me into having sex or going further than I want to                             |  <b>YES</b> |  <b>NO</b> |

## SCORING:

It's now time to add up your scores!

Give yourself 1 point for every 'no' you answered for questions 1-4, 1 point for every 'yes' answer for questions 5-8 and 5 points for every 'yes' you answered to questions 9 and above.

Now that you've got your score, the next step is to find out what it means. Simply take your total score and see which of the boxes below applies to you...

### SCORED 0 points

You got a score of zero? Don't worry, that's a good thing! It sounds like your relationship is on a pretty healthy track.

Remember that while you may have a healthy relationship, it's possible that a friend of yours does not. If you know someone who is in an abusive relationship offer them support and let them know what help is available.

### SCORED 1-2 points

If you scored 1-2 points, you may be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing.

### SCORED 3 -4 points

If you scored 3-4 points, it sounds like you may be seeing some warning signs of an abusive relationship. Something that starts small can get much bigger over time. No relationship is perfect – BUT in a healthy relationship you won't find abusive behaviours.

